



St Mary Redcliffe
and Temple School

Physical Education



Physical Education

Exam board: AQA

Specification no: 7581 (AS) / 7582 (A Level)



This is a two-year Linear A level course assessed through a mixture of examination, coursework and practical sport

Paper	Assessment	%
Paper 1 Applied anatomy and physiology Skill Acquisition Sport and Society	Written examination: 2 hour paper 105 marks	35
Paper 2 Exercise Physiology and biomechanics Sport Psychology Sport & society Technology in sport	Written examination: 2 hour paper 105 marks	35
Practical performance	Performer or coach in one activity plus written analysis of performance 90 marks	30

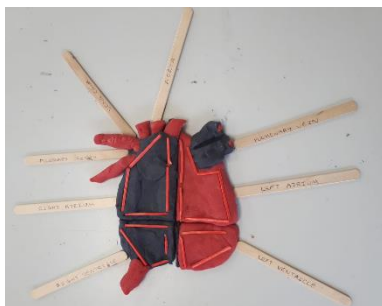
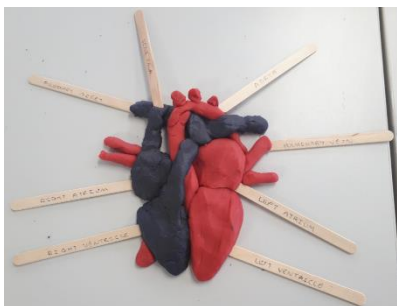
The sports industry is one of the fastest growing sectors of modern society. You only have to look at the rise of performance analysis in Premier League football or at the growth of the Olympic and Paralympic movements to see that with the right qualifications and a passion for sport, there are a huge number of exciting opportunities open to talented young people.

A Level Physical Education represents the first steps towards these opportunities. With a good grounding in a wide range of sports disciplines, our students have gone on to study sport related courses at a number of the UK's leading universities. Possible career pathways for those with A Level PE include Match Analyst, Nutritionist, Journalist, Sports Development Officer, Physiotherapist and many more.

For those with career aspirations elsewhere, A Level PE has many commonalities with a number of other courses and is complimented particularly well by Biology, Psychology, History as well as Maths and Physics. An A Level in PE may well be beneficial to further study in subjects as diverse as Medicine and Politics.

Course Delivery:

A Level Physical Education is taught in a variety of ways. As 70% of the course is theory based the majority of lessons will be in the classroom, but whenever possible the theory input will be taught through practical experiences. We have found that when teaching about the structure of the heart, for example, it is more engaging and meaningful for students to model and label the heart themselves! Here are some photos of work completed by our Y12 students.



The necessity to relate all content to relevant sporting examples means that class discussion, debate and for the practical components students will be expected to participate in their own time to complete the required work, creating their own video portfolio to support their assessment. It is important that students are involved in an external club where they can obtain video evidence of them performing in a fully competitive situation.

Course Content: A Level Examination

Paper 1 35%

Factors affecting participation in physical activity and sport

Section A Applied anatomy & physiology

This section focusses on how sport affects the body and how you can help prepare the body for physical activity. Includes the cardiovascular, respiratory and neuro-muscular systems. In this section you will learn how to interpret data and graphs relating to changes within the musculo-skeletal, cardio-respiratory and neuro-muscular systems and the use of energy systems during different types of physical activity and sport, and the recovery process.

Are you able to explain which receptors are involved in regulation of responses during physical activity? Can you explain what the Bohr Shift is? Not yet? You will learn all about this in this topic!

Section B Skill acquisition

Learn all about how new physical skills can be learned and developed and how coaches can adapt training to suit particular performers and their needs. Includes principles and theories of learning and skill classification and impact on training presentation.

This topic provides you with a rich understanding of how important practice is for learning and insight into how feedback and guidance changes as performers move through the stages of learning. If you are interested in gaining knowledge into how elite sportspeople avoid learning plateaus and ensure progress in their specialism you will love this section of the course! Often students comment on how useful this section is for their own practical performance. Students gain a clear understanding as to why their training sessions are structured as they are and are able to further their own progress as a result!



Section C Sport and society

How organised sports as you know them came to be. The development of key sporting case studies and the influence of the industrial revolution on the development of modern-day sport and their effect on society.

Did you know that a number of premier league teams started out as Church teams? Or if we look even further back, that football actually takes it's roots from a violent, mass participation event called mob football - that involved hundreds of men trying to score a goal with a pig's bladder?! This section is hugely insightful into better understanding the impact that society has on sport and vice versa. Students are often intrigued by this section as it provides a superb foundation into understanding sporting history.

Paper 2 35%

Factors affecting optimal performance in physical activity and sport

Section A Exercise physiology and biomechanics

How to prepare the body for, and maintain, sporting performance as well as how physical concepts come can affect sporting performance. Includes diet and nutrition, principles of training and training methods. As well as Newton's three laws of motion and fluid mechanics.

For students interested looking ahead to University with an interest in Sport Science or Physiotherapy this section is vital. Students are equipped with excellent theoretical understanding of how to maximise performance to ensure a performer is successful. In this section you will learn all about injuries and the way in different methods are used in injury prevention, rehabilitation and recovery.



Section B Sport psychology

How the attitudes are formed and changed as well as different concepts that affect their performance of individuals and groups. Includes arousal, personality and group dynamics.

This section is one of our most popular as it allows you to get into the mind of a performer! Here you will learn all about anxiety and the impact that different types of anxiety have on a performer. Have you ever wondered what the difference between aggressive behaviour and assertive behaviour is? Why do elite performers sometimes demonstrate aggression in sporting situations? Why do some sports seem to have issues with hooliganism? After studying this topic you will be able to answer all of these questions and many more with confidence and a fantastic level of theoretical understanding.

Section C Sport and society. Technology in sport

How society can affect sporting participation levels and how the commercialisation of sport has led to differing forms of deviance in sport. Includes Concepts of physical activity, drugs and violence in sport.

Why would Lance Armstrong take performance enhancing drugs for the majority of his career? What difference did blood doping actually have on his performance? These are important questions that you will be able to answer after studying this topic. Technology in sport is something that is progressing everyday and is continually in the news and on social media. You may have read recently the controversy about Eliud Kipchoge's choice of running shoe in the London Marathon. Do they provide him with an unfair advantage? You will be able to give an evidence-backed answer to this after studying this topic. Whether you love or hate VAR as a football spectator you will understand its development and why it has become some a controversial element in football.



Both of these exams will be broken down into their three sections where candidates are required to answer multiple choice, short answers and extended writing.

Practical Assessment

Practical performance in physical activity 30%

Practical performance is still an important part of assessment at A level. Any students will be assessed as a performer in the full-sided version of one activity. This will need to be filmed for the moderation process. There are a range of sports that students can participate in and we would expect them to be doing this outside of school regularly. The list of activities can be found in the specification below.

Students are then assessed using a written coursework on their ability to analyse and evaluate their own, or another person's performance in a fully competitive/performance situation as either a player or performer. Then using their knowledge and understanding from lessons they will identify their weaknesses, suggest the causes of these weaknesses and the appropriate corrective measures.

Please see page 37 onwards in the AQA specification for the full list of available sports. The link is available here:

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

Entry requirements:

At least Grade 5 is required in Additional Science or Biology in addition to the normal entry requirements, plus regular participation in sport to a good standard. Additionally, a GCSE or BTEC in PE or Sport is preferred but not essential.

Skills & personal qualities required / developed by course:

A passion for the subject and a commitment to work in his or her own time is essential. Students need to be opinionated and have a basic understanding about a range of physical activities. As well as keeping up with current sporting affairs and able to discuss their views both verbally and in written work about these. They also need to be interested in how a range of theories can be applied to sporting situations.

Resources:

- Students are encouraged to purchase a text/revision guide (Hodder education AQA A level textbook.)
- Moodle the schools virtual learning environment.

Recommended reading / film/ websites:

- A level AQA PE specification:
<https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

- BBC sport website/app
- Most broadsheet newspapers have a sports section that should be read regularly.
- A subscription to Hodder Education PE Review Magazine is recommended but not compulsory to help students keep up with current affairs. The PE review is an excellent resource as it embeds key examined content into current sporting news.

Documentaries and films:

- Icarus
- The English game
- Chariots of fire
- Game changers

Frequently asked questions:

Do I need to be taking part in sport outside of school?

Yes, it is essential for your practical assessment, which accounts for 30% of the overall grade.

Do we do practical PE lessons?

Due to the heavy weighting of the exams and the range of specialist physical activities across a single group, practical requirements will not be completed in lessons.

What universities courses does A level PE help me access?

Popular university courses are shown below with a link to information about the course content and structure at a university, which may inspire you!

- Sports and Exercise Science - [University of Brighton](#)
- Sports Coaching - [Cardiff Met University](#)
- Physiotherapy – [University of the West of England \(UWE\)](#)
- Sports Management - [Loughborough University](#)
- Physical Education - [University of Gloucestershire](#)

We feel that choosing A level PE is a fantastic option but please do not just take our word for it! Below is a testimonial sent in from a couple of ex-students from our last two Y13 cohorts.

'A level PE has allowed me to gain an in-depth knowledge of the previous, current and future sporting world and how sport interacts with wider society.... A Level PE is often not what people expect and can often be a challenge – it is not an easy option! However, the course and excellent teaching makes the experience incredibly interesting and rewarding if you allow yourself to consider the application of what you learn into modern society and the world around you. I would urge anyone who has a passion for sport and who is committed to learning and expanding their understanding of society to consider A Level PE. The knowledge you gain will be useful and applicable no matter what careers you pursue in the future.'

'Physical Education was a thoroughly enjoyable and engaging subject to take at A-level. The course effectively covers a range of subjects all relating to sport and exercise, which includes topics from the history of sport to the mental benefits of participating in exercise as well as physiology. This variety made the course interesting to study, as well as challenging you to investigate different areas of sports performance.

PE combines both theory and practical learning which is reflected also in its assessment. This combination favours all types of learners as the theory can be applied in practical sessions, to aid your understanding of sport. The practical sessions also provide you with a fun break from classroom study. The teaching staff in the department offer a great range of support and are always willing to go the extra mile for each student. This ensures that both before coursework deadlines and exams, you feel confident and prepared. Studying A Level PE was one of the best choices I made which is shown by the fact I am now studying a degree in Sport and Exercise Science.'

For further information: Contact Miss Howard, Head of PE

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